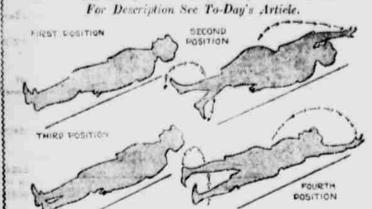
Evening World's Figure Improvement Contest

Diet and Exercise Lessons in New Courses for Stout Women Who Wish to Reduce and Thin Women Who Desire to Develop Their Figures.

Conducted by Pauline Furlong.

Cappright, 1916, by The Price Philipping Co. (The New York Evening World)

DEVELOPING EXERCISE NO. 3



Developing Course. Lesson III.

HIN women with poorly developed muscles and continued tired, indifferent and depressed feeling, should eat more protein foods,

about which I have written several times, in past series. These foods contain the necessary jugreflents for build

ng up the body and renowing the worn tissues with healthy material the head tied for fifteen minutes for a dark bronze shade, half an hour Gluten of flour, taken in the form for golden brown, and so on until it of gems, bread, biscuits and noodles; whites of eggs, peas, beans, lentils,

cereals, rich milk, nuts, etc., should strength, which is the first step in Spray out soap with hot water, then cold, and dry hair in the sun. developing healthy flesh, rich blood, better nerves and more weight.

due strain or fatigue. This movement stretches the muscles at the chest is lowered. stimulates blood circulation, through the important trunk and eliminative organs. It is also a beneficial exerorgans. It is also a beneficial exer-cise for the hips, thighs, caives, an-lies, shoulders and arms and is one of the best all-round exercises for

Take your position flat on the floor.

arms and legs outstretched, as
shown. Lift the right leg and bring t across the left one, touching the floor at the left side with the tips of the toes. Keep the knees rigid an

with castile scap, and after speay.

In our all traces of man and direction, Mr. Similey Douglass, I can make the fact of the law system one per cent of what you hear you seemed to be sure that each aff will appear a realized to the state of the state

A class of six stout women tcho total to reduce their weight and one of six thin women who desire to gain weight, for eight weeks are competing for two prizes of 150 each, to be awarded the woman in each class who accomplishes the greatest improvement in her figure. They will follow the courses of diet and exercise leasons prepared

by Miss Furlong and published

daily for the benefit of all EVE.

NING WORLD readers.

becomes a very heat shade, as desired. The addition of lemon page t oxide makes it more vellow. be taken in some form each day by of the paste with hot water. Their those who are desirous of gaining give another good way shamped

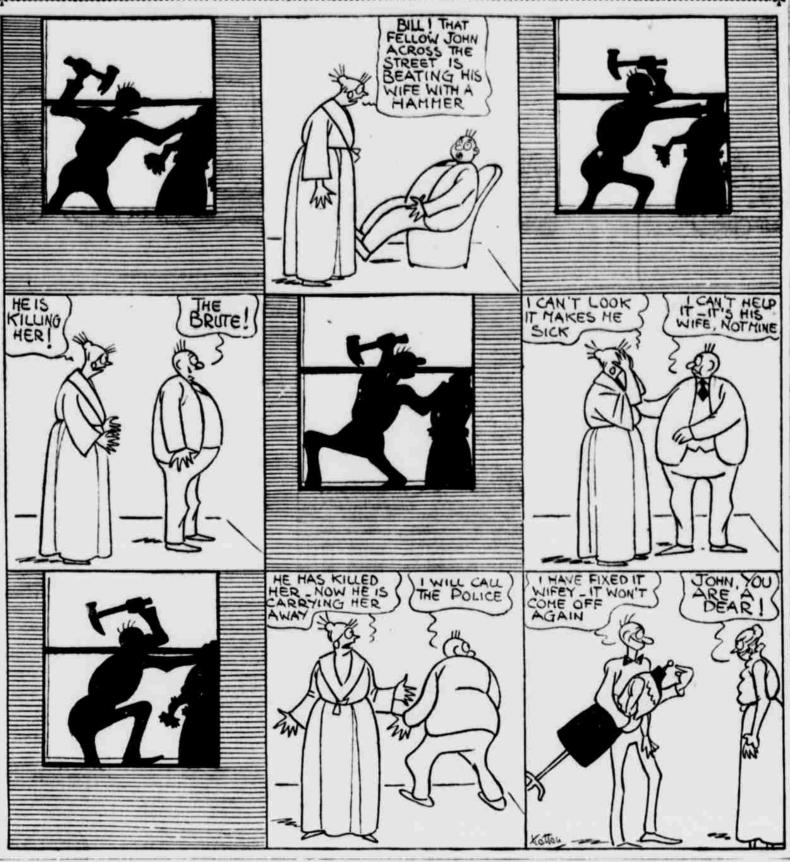
CHEST RAISING .- MARGARET T.: Chest raising develops the bust, enlarges upp o arms and fills in holows in neck and shoulders in a short entirely new exercise for many muscles of the whole body, and, from the wall, palms really on it is also an easy one, it may be Lower the chest until it touches the racticed by beginners without un-

Evening World Daily Magazine

Such Is Life!

by The Press Publishing Co

By Maurice Ketten



Why Don't Men Propose? What Are the Reasons for The 1916 Husband Famine?

Are Bachelors Made Wary by Belief That Most Girls Regard Husbands as Mere Bill-Paying Machines? Are Working-Girls Better Fitted for Home-Making Than Their Stay-at-Home Sisters?

By Ni ola Greeley-Smith.

"Girls who have worked make the better wives," declares a young man in answering the complaint made to me by a New York mother that a husband famine prevails in New York. This future husband observes

that to-day it is such a difficult matter for young men to succeed that they desire to take wives who will prove good investments rather than luxuries. He says, too, that women who have worked, themselves, appreciate the difficulties of business life and have clearer ideas of the value of money than girls who must pass from a father's to a husband's support.

I think these statements are true of girls who have undertaken successfully to support themselves, but how many thousands there are in New York who drift from one job to another without being adequate for any employment and who would not last anywhere

weeks were it not for the kindness of long-suffering employers. To such girls as these marriage presents the ideal job-the job from which a woman cannot be discharged, no matter how incompetent she is, the job with the perpetual pay envelope, which will be hers whether she

FRAME OF MIND, NOT WORK,

ROBS GIRL OF BLOOM.

Men visualize the girl at home as wrapped in dreams of the Fairy Prince, and hearing the frank cynicism of women who work heside them they conclude that business life robs waren of bloom. But it has been my bowsynt that he is superior to a woman before that he is superior to a woman before that he is superior to a woman before they conclude that business life robs women of bloom. But it has been my bowsynt that all rooms or less charming grafter created by this demand. women of bloom. But it has been my experience that the habit of mind which a girl must form who looks upon men as natural providers is more destructive of bloom than a keen perception of masculine failings can be. A long time ago I undertook to tell a New York girl of sevenicen that it was not a good idea to go about with a married man new York of the relations of men and women. The only difference is that the woman who is self supporting is in a better position to take the man of her heart, and by her choice sives him and all the world conclusive e-times that all would not be fair to assume. however, that all women who work for a living are disinterested in marriage, or that all women who work it was not a good idea. to go about with a married man no- 700 torious for his adventures, nor to accept presents from him. The inuo-

Some men, of course, like them-selves in the role of Jupiter visiting the beloved one in a shower of gold. And some girls believe that any man capable of assuming the like-ness of a golden shower is necessarily

By Arthur B. Reeve

MANY GIRLS MISTAKE VALUE OF DOLLAR.

cept presents from him. The innocent young person looked at me in wide eyed amazement.

"But you don't understand me," she protested indignantly. "I don't care anything about the man. I'm just WORKING him." She could not have taken a more practical view of the situation if she had been a burlesque queen. This young person had an idea I have found to be quite common among New York girls who do not work, that men were created to pay bills.

Some men, of course, like themselves in the role of Jupiter visiting the beloved one in a shower of gold.

And some girls believe that any the girl who works and who does not the girl who works and the girl who works and who does not t the girl who works and who does not regard silk stockings as her due, but as her special privilege when all necessary wants are supplied. An alliance with such a girl (the meter) is not a speculation, it is an invest-

not a speculation, it is an investment.

I think girls who have worked make the better mates. They understand conditions better. They assimilate, to a smaller or greater degree, the business viewpoint.

C. B.

MEN AFRAID SMALL INCOMES WILL NOT SUFFICE.

other pause.
other pause.
other pause.
'" I cried, as a wave of compressor flooded over me. "S O B,
" I yelled. "S O B-don't you yelled. "S O B-don't you yelled. "B O B-don't you yelled. "B O B-don't you yelled. "B O B-don't you be yelled. "B O B-don't you have severed by the pause of this pause of the pause.

Doar Miss Greeley-Smith: I am twenty-three years of age, good physique, 6 feet in height, 150 pounds in weight; born in Russia, city of Odesan; came to this country about thirteen years ago; speak fluently good this pause of the pau

ree short taps to the eard in in bed under the doctor's care, a tim air—the noise of which is I grabbed nervously at the eard in in bed under the doctor's care, a the period. There were the three message came from Mrs. Colton: taps again. I has thy ran my "Sidney tells me that Marian has eye down the list of letters subcon- left home and cannot be found" the "flash" before we hear the reciously hearing three long taps.

"What is it?" asked Daly hoarsely.

[To Be Continued)

THE DEATH THOUGHT

Craig Kennedy at His Best-Begin it To-Day

The set like in the wint can place at the like it the wint can place at the like it the wint of the least it of the least it first its property and the wint of the least its property and the like its property and the least its p

"He would if he saw it. But I have watched it stop at the building where

handkerchief. Hefors I knew it I must have been unconscious—some drug in the option of the street that have been unconscious—some drug in the option of the street that the bentkerchief. When I came to I the oyster. Every time it moves the form the instrument which I had glied my cycs start. If the I grabbed up the receiver, which I had glied my cycs start. There is the instrument which I had glied my cycs start. The for Kennedy's voice. Not a und could I hear. The aerophone of the street was open, and even a could of the receiver. There it was not the receiver and could I hear. The aerophone of the street was open, and even a could of commission?

We now had collected by this time. The safe was open, and even a casual look told us that everything of value was gene. All the thousands the receiver. There it was sgain and securities of others were sone. All

receiver. There it was again and accurities of others were sone. All short caps. I looked at the the records had been destroyed. Jay "flashes" and we hear the "thunder." as that was it. Three long Gorden had made a clean get-away. The heat generated by the electricity

Tap, tap, tap came in rapid suc-

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.

HENNA TO REDDEN HAIR.— That you will curse the day you no way out of it but that this thick table and harmless. It will not dry myself! Have a care how for you is described a num, Jay Gordon, myself! Have a care how for you is described a num, Jay Gordon, table and harmless. It will not dry myself! Have a care how far you is deeply in love with Marian fine half. Herna makes the hair is myself! Have a care how far you is deeply in love with Marian benutiful bronze or golden, and the go in trying to influence her were infatuated with Gorden herself, what would she be likely to do? length of time the pasts is left on turning his back deliberately on the Think it over." with bot water and keep it not over trute man. "show this gentleman the with bot water This is in oost. I do not propose to be bully-portant. Shampoo to hair therefore the same in my own important by any

find you in a quite different frame of ney Daughas might misconstrue any

CHAPTER VII.

will appear a resided. The the invest, who is in peril. The next her fortune was in no way on het towels, replacing them time I see you, sir, I shall expect to modified by the possibility that Sid-

miled. Goodday."

With that Craig turned on his heel

His preparations for the visit to and picked up some of my spirit photographs.

"So that's how the land hes," mused

"He would if he saw it. But I have a watering to reduce the same to reduce arranged with the truckman to reduce any form the same to pay for the visit to turn in haif an hour after he delivers and some one from the turn in haif an hour after he delivers and some one from the same to pay for the daily was the divergang, and the supering the saw it. But I have also be the same to pay for the same it stop at the same to pay for turn in haif an hour after he delivers and some one from the same to pay for the same it stop at the same to pay for turn in haif an hour after he delivers and some one from the same it stop at the same to pay for turn in haif an hour after he delivers and some one from the same it stop at the same it sto

ordinary dangers. But after I am inside the office, I shall need some way
to communicate with you outside. I
flatter myself that I have added a new
weapon in the detection of crime.
The wireless telephone seems to me
The wireless telephone seems to me

just about the thing to meet emergencies which we have never before
been able to meet."

"But won't Gordon notice a new was watching Daly reported that he "But won't Gordon notice a new saw a truck coming down to won't Gordon notice a new saw a truck coming down to won't was Kennedy's. Tog

HANDICAPPED & By Jackson Gregory The Story of Tenderfoot Who Made Good Begins in . Evening World Oct. 30